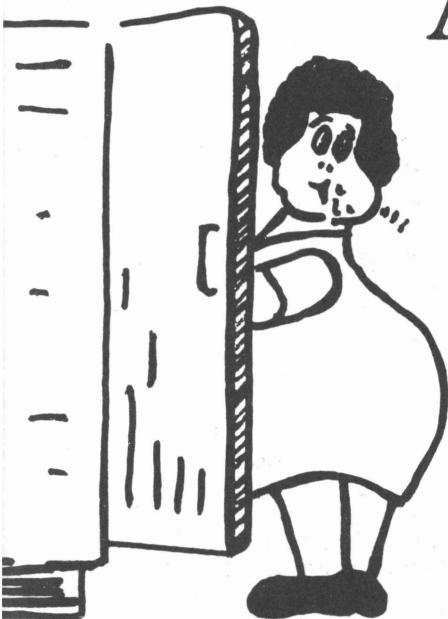




FAMILY NUTRITION NEWS

Are You Eating Too Many Snacks?



Dear Homemaker,

Everyone loves to nibble or eat between meal snacks. Snacks should help you meet your food needs recommended by the Daily Food Guide. Some foods like cake, pop and candy have little food value except calories. These snacks should be avoided.

Snacks to Avoid

Remember when you choose snack foods to

- Choose from the Basic 4 food group.
- Avoid empty calories.
- Consider family needs.
- Include low-cost foods.

On the back of this letter are some ideas for nutritious low-cost snacks.

Sincerely,

Name and title



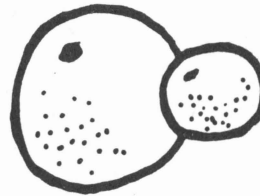
GOOD SNACKS FROM THE BASIC 4 FOOD GROUPS

From the FRUIT AND VEGETABLE GROUP . . .

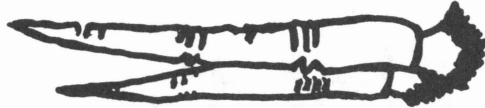
APPLES



GRAPEFRUIT AND ORANGES



CARROT AND CELERY STRIPS



From the MILK GROUP . . .

HOT CHOCOLATE

$\frac{1}{4}$ cup cocoa
3 tablespoons sugar
 $\frac{1}{4}$ cup water

4 cups milk
(use dry milk)
Salt to taste



Mix cocoa, sugar and water together in a pan. Cook several minutes over medium heat, stirring all the time. Stir in milk slowly. Add salt and mix well. Heat thoroughly. Serve hot. Makes 4 cups.

MORE INFORMATION . . .

From the MEAT GROUP . . .

How about a PEANUT BUTTER SANDWICH?



From the BREAD AND CEREAL GROUP . . .

RAISIN CRUNCHIES

$\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup sugar
1 egg
1 cup flour
 $1\frac{1}{2}$ teaspoon baking powder

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ cup evaporated milk
1 cup raisins
 $\frac{1}{2}$ cup broken nuts
(peanuts are good)
3 cups cornflakes

Beat shortening and sugar. Add egg. Beat briskly. Stir in half of flour, baking powder and salt. Add milk, then remaining flour. Stir in raisins, nuts and cornflakes. Drop by teaspoonfuls onto greased cookie sheet. Bake at 350° F. (moderate oven) for 15 minutes.

This publication was prepared by Extension foods and nutrition specialists, The Texas A&M University System, from material developed by Virginia Cass Ryan, former Extension assistant foods and nutrition specialist - ENP, The Texas A&M University System.